

Advertise here



Newbie

Posts: 6
Threads: 3
Joined: Mar 2016
Reputation:

03-27-2016, 10:51 PM

Vitamin C has shown to significantly increase the rate of change in orthodontics by enabling osteogenesis. In an experiment performed on rats the tooth movement increased by at least 20% (3.61 case vs 2.96 control, they don't mention if there is already a distance beforehand.) Osteoclast counts were almost 40% higher in the case group (only 0.036p though since the standard dev was high).

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4754566/>
Some of the references are also worth noting.

It seems high vit c might induce copper deficiency could undo the positive effect so taking enough copper would probably be a good idea, especially if one is already supplementing zinc. Also remember that Vitamin K induces osteoclast apoptosis. Since you actually want to change bone this doesn't help you much for moving teeth/bone and taking a lot of vit C should counteract the effect.

On a side note (since you're now running osteogenesis game anyway):
Permajecting (with the help of some device, for instance a mandibular advancement device used in sleep apnea treatment) actually induces remodelling of the condylars.
Again a rat study with bite-jumping devices:
<http://www.ncbi.nlm.nih.gov/pubmed/15366378>

Find

Reply

03-28-2016, 01:11 AM

PITYFRAUDER

Posts: 2,797
Threads: 468
Joined: Feb 2016

Find

ty

Reply

03-28-2016, 07:00 PM

Super Poster

Posts: 1,029
Threads: 72
Joined: Mar 2016
Reputation:

Find

Thank you for that information and thank you Rat A and Rat B for testing.
I just bought some Vitamine C.

mass-action is the cure-all

(09-01-2015, 07:34 PM)

Physique is one of the things everyone should have. Even Lachowski is somewhat defined. It's not the most important thing, but it's a basic, and if you're neglecting it then you're not serious about being the best you can be:

Good tan, Good hair, White, straight teeth, Great body, Clear skin
You can't pick and choose. If you're serious, you should be attaining them all.

Reply

03-29-2016, 06:51 PM

Banned

Posts: 53
Threads: 0
Joined: Mar 2016

Find

(03-28-2016, 07:00 PM)

Thank you for that information and
I just bought some Vitamine C.

Reply

03-29-2016, 09:40 PM

Ultra Super Poster

Posts: 5,606
Threads: 633
Joined: Aug 2015
Reputation:

Find

ortho is cope

From picked-last-in-gym to beta provider

Reply

Posts: 3,006
Threads: 246
Joined: Jan 2016

Find

ortho is cope

From picked-last-in-gym to beta provider

future male model

Reply

Senior Member

Posts: 760
Threads: 8
Joined: Mar 2016
Reputation:

Find

03-30-2016, 12:17 PM

(03-29-2016, 09:40 PM)

ortho is cope

From picked-last-in-gym to beta provider

His head posture is significantly different. He tilted his head backwards in the before.

Reply

Member

Posts: 205
Threads: 28
Joined: Mar 2016
Reputation:

Find

03-30-2016, 04:00 PM

(03-29-2016, 09:40 PM)

ortho is cope

From picked-last-in-gym to beta provider

Reply

Senior Member

Posts: 972
Threads: 50
Joined: Feb 2016
Reputation:

Find

04-02-2016, 05:10 AM

(03-29-2016, 09:40 PM)

ortho is cope

From picked-last-in-gym to beta provider

fuck outta here with your bluepill. still havent followed through with your jaw surgery because you're scared?

Reply

Member

Posts: 108
Threads: 10
Joined: Aug 2016
Reputation:

Find

08-14-2016, 12:26 AM

i don't get it can someone explain it to me with simple words?

"The only true wisdom is in knowing you know nothing."

Reply

Posts: 224
Threads: 46
Joined: Jul 2016
Reputation:

- 1) Mewing
- 2) Intermittent Fasting
- 3) Dopamine Abstinence
- 4) Sexual Abstinence
- 5) Cold Showers
- 6) High Intensity Interval Training
- 7) Dominant Body Posture
- 8) 8 Hours Sleep (No Pillow)

Find

Reply

Super Poster

Posts: 1,525
Threads: 145
Joined: Aug 2015
Reputation:

Find

08-16-2016, 11:48 AM (This post was last modified: 11-13-2016, 09:50 AM by :=))

click to edit

Reply

Senior Member

Posts: 640
Threads: 62
Joined: Mar 2016
Reputation:

Find

01-02-2017, 02:22 PM

bump

-
-
-
-

Reply

Banned

Posts: 58
Threads: 1
Joined: Jan 2017

Find

01-03-2017, 04:54 PM

FUCK YOU

Reply

Member

Posts: 108
Threads: 4
Joined: Jan 2017
Reputation:

Find

01-14-2017, 06:11 PM

I eat about 9 clementines every day and eat alot of fruits/veggies throught the day, do i still need to mega dose with supplements or am i alright?? IM prettu sure my vit c levels are already really high because of my diet

Reply

Enter Keywords

Search Thread

Subscribe to this thread

-- Looksmaxing

Go

